

Composure

August Burns Red

Shake it off pick yourself up, they say
Your life fell apart in your hands
You've got the scars to prove it
It's not the first time and they're getting deeper

Pull it together, button up your shirt
Roll down those sleeves
Don't let them see how you've coped
It's not the first time and they're getting deeper

More and more
Your demeanor looks like quicksand
More and more
Your demeanor looks like quicksand

It seems like you're giving up
Giving up on everything you worked for
It seems like you're giving up
Giving up on everything you worked for

It's pulling you under
It's gripping around your throat
It's pulling you under
It's gripping around your throat

It seems like you're giving up on everything
It seems like you're giving up on everything
It's pulling you under
Life's pulling you under

Life can be overwhelming
But don't turn your back on the strongest crutch
You've ever had, you've ever had
They have always been there to brace your fall

Wave goodbye to the past
You've got your whole life to lead
Wave goodbye to the past
You've got your whole life to lead

Wave goodbye to the past
You've got your whole life to lead
Wave goodbye to the past
You've got your whole life to lead

You've got your whole life to lead
You've got your whole life to lead
It's time to gain some ground